



# How to Increase your Mental Efficiency

*Arnold Bennett*

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## **How to Increase your Mental Efficiency** Arnold Bennett

Why does not some mental efficiency specialist come forward and show us how to make our minds do the work which our minds are certainly capable of doing? I do not mean a quack. All the physical efficiency specialists who advertise largely are not quacks. Some of them achieve very genuine results. If a course of treatment can be devised for the body, a course of treatment can be devised for the mind. Thus we might realize some of the ambitions which all of us cherish in regard to the utilization in our spare time of that magnificent machine which we allow to rust within our craniums. We have the desire to perfect ourselves, to round off our careers with the graces of knowledge and taste. How many people would not gladly undertake some branch of serious study, so that they might not die under the reproach of having lived and died without ever really having known anything about anything! It is not the absence of desire that prevents them. It is, first, the absence of will-power—not the will to begin, but the will to continue; and, second, a mental apparatus which is out of condition, "puffy," "weedy," through sheer neglect. The remedy, then, divides itself into two parts, the cultivation of will-power, and the getting into condition of the mental apparatus. And these two branches of the cure must be worked concurrently

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